

Award Recipients

Six organizations will receive The Governor's Award for Wellness Innovation this year.

Descriptions of the organizations and their innovative programs are below.

1. SCHOOL SETTING: Guiteras School -- Fun and Fitness Program

- a. Guiteras School is one of seven elementary schools in the Bristol Warren Regional Public School system. The school serves 280 students in Kindergarten through grade five.
- b. The Fun and Fitness Program at Guiteras School focuses on providing creative fitness opportunities to students while also engaging their parents and the community. Programs include:
 - i. Morning Exercise (example): Students sign up to participate three days per week before school for 35 minutes. The gym is set up with activities and is supervised by a volunteer teacher, a teacher assistant, and Roger Williams University student athlete volunteers. The students may go to breakfast when activities are over.
 - ii. Run/Walk at Recess Club
 - iii. Family Fun and Fitness Night
 - iv. ACES (All Children Exercising Simultaneously)
 - v. Chance to Dance
 - vi. Exercise Calendars
- c. The program is funded through proceeds from the school store, the parents group, and a local grant.

2. STATE AGENCY SETTING: RI Department of Labor and Training -- Get Fit RI

- a. The Department of Labor and Training assists businesses and individuals through a variety of programs and services. Their primary responsibility is the protection and advancement of Rhode Island's workforce.
- b. Get Fit RI consists of 15 programs that have already reached 5,000 members of the target audience. One program that has been especially successful is described in detail below. The programs under the Get Fit RI umbrella are:

» Wellness Bulletin	» Farmers Market
» Health Surveys	» Walking Club
» Yoga Classes	» Tobacco Intervention
» Stress Seminars	» Weight Watchers
» Core Training	» Flu Shot Clinic
» Blood Drives	» Rhody Walk to Health
» Brown Nutrition Study	» Healthy RI Challenge Booklet Distribution
» Seat Belt Awareness Program	

- c. *Pastore Farmers' Market* – DLT was the lead agency to establish a farmers' market at the Pastore complex in Cranston. DLT partnered with the Department of Environmental Management, MHRH, Department of Corrections, and Department of Human Services. DLT organized the inter-departmental meetings and developed the memo of understanding among agencies, as well as securing the necessary approvals from the state properties committee to use the Margaret Walsh Park. DLT also partnered with University of Rhode Island, Johnson & Wales, and UnitedHealth to offer nutritional, health-related food demonstrations at the market.
- d. The programs have been highly successful based on participation, evaluations and general feedback. The collaboration and partnerships with other organizations combines many skills and talents, leverages resources, and fosters a successful wellness environment. Program results indicate that people are taking advantage of opportunities to improve their health.

3. HEALTHCARE ORGANIZATION SETTING: The Department of Veteran's Affairs Providence Medical Center -- MOVE!

- a. Providence Veteran's Affairs Medical Center is a primary and secondary health care facility providing a full range of patient care services with state-of-the-art technology.

- b. MOVE is a national weight management program designed by the Veteran's Affairs National Center for Health Promotion and Disease prevention. MOVE helps veterans lose weight, keep it off, and improve their health. The program is designed to reach the most high-risk veterans who are most likely to benefit from it. Enrollment in MOVE is strongly recommended for veterans with Body Mass Index (BMI) 25–29 and co-morbid conditions. (i.e. diabetes and hypertension). Since its inception 130 veterans have enrolled in the program.
- c. The program emphasizes health and well-being, not appearance. The goals of the program include: 1.) Assisting patients with setting individual goals with a lifetime/lifestyle focus. 2.) Incorporating comprehensive and multidisciplinary content that includes behavior, nutrition, and physical activity. 3.) Developing individually tailored and patient determined intensity of treatment with periodic treatment plan revisions.

4. WORKSITE SETTING: Lefkowitz, Garfinkel, Champi & DeRienzo P.C. -- Got Health Initiative

- a. LGC&D is a regional accounting firm, based in downtown Providence, with approximately 70 professionals.
- b. LGC&D's "Got Health" initiative consists of educational seminars, and wellness programs, which includes an "afternoon stroll" walking club, healthy choice recipes giveaways, and much more. The activities are designed to help employees learn about and become aware of the benefits of choosing a healthier lifestyle.
- c. During the busy season when the staff works long hours, the initiative organizes a "Wellness Closet". The kitchen closet is stacked with dried fruit, granola, nuts, and low calorie/low fat snacks. This helps employees choose a healthy snack.

5. CITY AND TOWN GOVERNMENT SETTING: Leon Mathieu Senior Center --

Senior Fitness and Wellness Program

- a. The mission of the Leon Mathieu Senior Center is to identify Pawtucket's older adults and provide them with a safe, supportive and nurturing environment where they can access information about resources and programs available on the local, state and federal levels.
- b. The Center's Senior Fitness and Wellness Program includes fitness classes, nutrition education and counseling, and wellness programs (for example, therapeutic massage, aromatherapy, and relaxation therapy). The Fitness & Wellness program target seniors 55 and older and reaches 180 participants.
- c. Many participants state that they initially came to a program to lose weight, lower their blood pressure, or improve their nutrition. However, they have the added benefit of having more energy and feeling better. Many of the participants note that the socialization aspect of participating in the classes is very important; it gives them a reason to get out of the house. According to the fitness and nutrition instructors, the seniors have become pro-active about their health, as well as the health of their family members.

6. COMMUNITY AND FAITH BASED ORGANIZATION SETTING: Johnson & Wales

University -- Veggin' Out

- a. Johnson & Wales University (J&W) College of Culinary Arts and the Feinstein Community Service Center provide exemplary community leadership learning opportunities for students.
- b. The Veggin' Out program is a collaborative outreach and education project designed to address the nutritional needs of seniors and low-income families. The program provides educational opportunities to prepare culturally appropriate and nutritious recipes that incorporate fresh, locally grown produce. The intent of the program is to increase produce consumption by working with existing government nutrition assistance programs.
- c. The target population for the Veggin' Out program is RI seniors, adults, and children who are nutritionally at-risk, specifically those who live in ethnically diverse, low-income neighborhoods in Rhode Island's core cities.

- d. WIC participants and seniors in the Farmer's Market Nutrition Program are given Veggin' Out information with their farmers' market checks. When they arrive at the farmer's markets, Veggin' Out provides program participants with free on-site cooking demonstrations by J&W chefs, samples of a variety of recipes, children's activities, bi-lingual recipe booklets, nutrition information, and incentives.

Honorable Mentions

Four organizations will receive citations from the Governor. These organizations include:

- 1. COMMUNITY AND FAITH BASED ORGANIZATION SETTING: The Genesis Center -
- Health Education Program**

- a. The Genesis Center is a community-based agency that provides adult education, job training, and childcare programs for immigrants and refugees in the greater Providence area.
- b. During class breaks, the Center's Minority Health Coordinator conducts Zumba lessons with adult learners aged 22-65. Zumba is a Latin fitness craze that combines Latin rhythms with cardiovascular exercise.

- 2. COMMUNITY AND FAITH BASED ORGANIZATION SETTING: Shape Up RI**

- a. Shape Up RI is an organization that encourages Rhode Islanders to improve their health and lifestyle by increasing their physical activity levels and developing smart eating practices.
- b. During their annual health campaign, participants compete on teams to see who can lose the greatest percentage of collective team weight, log the most hours of physical activity, and walk the highest number of steps over a fourteen-week period.
- c. During the 2007 campaign, 7,012 people actively participated in the annual health and wellness competition by setting and tracking goals. A total of 14,357 members received weekly e-newsletters filled with health-related information.

3. SCHOOL SETTING: Lincoln Public School Department -- Shape Up Lincoln

- a. The Lincoln Public School Department consists of one Senior High School, one Middle School, four Elementary Schools and two Early Learning Centers serving approximately 3,200 students.
- b. Shape Up Lincoln Program consists of a series of activities and events facilitated by the members of the District Wellness Committee. Some examples of activities include: all students were given a pedometer to record their physical activity, Lincoln High School altered the menus in the school café and school store to include healthier options, and the McCall Field YMCA provided Lincoln students with free pool passes and offered use of any of YMCA's physical education equipment for schools to borrow free of charge.

**4. SCHOOL SETTING: Sodexo School Services (Pawtucket School District) --
Feed Our Future**

- a. Sodexo Services is an International Organization providing food service to more than 400 school districts in the United States. We have provided food service to the Pawtucket School District for the past 12 years.
- b. In Rhode Island many eligible high school students do not apply for the National School Lunch Program's free and reduced-priced meal plan. Even though students taking free or reduced-priced meals retain their anonymity at the cash register, many students feel a stigma associated with applying for assistance. They would prefer to skip lunch rather than risk embarrassment or teasing from their peers.
- c. In order to encourage more eligible students to sign up with the School Lunch Program, Sodexo organized a three-day application drive at Tolman High School that was hosted by a Hot 106 celebrity D.J. During the drive, Hot 106 personalities were on-site to interact with the students and provide a comfortable environment to turn in free and reduced-priced meal

applications. Every student who applied got to spin the Hot 106 Prize Wheel to win great giveaways.